



Success News

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FIT FOR LIFE

Daily Workout Leads to Small Business

Uvalde, TX – Mabel Martinez moved to Uvalde with a high level of energy and desire to motivate people to exercise. With a resume that includes a Bachelor's Degree in Exercise and Sports Science from Texas State University and certified as a personal trainer, group fitness instructor, and turbo kickboxing instructor, Ms. Martinez quickly realized a fitness center was the only she would be able to reach a diversified group of individuals.

Ms. Martinez knows that before you can run, you must first walk. That was her approach towards her fitness center project. She began her walk as a personal instructor providing her clients with one-on-one instruction. She eventually grouped some clients and began turbo-kickboxing classes. As her client list grew, she knew she was ready to move forward and begin running towards her dream.

The process began with Ms. Martinez contacting Angelica Montalvo, business development specialist with the Sul Ross State University, Rio Grande College-Small Business Development Center (SBDC). "The SBDC was wonderful. Angelica Montalvo was great. She guided me...gave me the tools to be able to do this."

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With the necessary tools at hand and in need of financial assistance, Ms. Martinez approached Mr. Gary Parker, president of National American Bank in Uvalde. Ms. Martinez was soon approved for a Small Business Administration (SBA) LowDoc loan. "I really appreciate Gary for giving me the opportunity and believing in me. The employees of National American Bank have also been very helpful and friendly."

When asked whether she was familiar with SBA, Ms. Martinez stated "I had heard of SBA, but had no clue as to what exactly they offered. My experience with SBA could not have been any better...I would do it again...and I would definitely refer a small business to my lender (National American Bank) and SBA."

Fit for Life, located at 105 E. South Street, Uvalde, TX, offers childcare services, a variety of aerobic classes, on-staff trainers, and certified trainers to assist individuals in developing personal exercise programs. Ms. Martinez states that customer service has been the key factor to the fitness center's success.

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The U.S. Small Business Administration (SBA) was created by Congress in 1953 to support and encourage the creation and success of the small businesses. SBA offers a wide range of financial and business assistance and disaster relief services

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